

CHECK IT OUT

Self-care and self-management

Self-care and self-management are the twin halves of looking after yourself and allowing yourself to lead a happier and more fulfilling life. Today, we would like to present you with a few activities which - using as little as ten minutes a day - will leave you feeling a lot calmer, less stressed and happier.

For a full and happy life, we need to look after just three key areas: mind, body and outlook.

MEDITATION

To take care of the mind, we suggest meditation. It has been shown to greatly reduce stress, improve concentration and raise awareness of the self, increase happiness, slow down the ageing process, boost cardiovascular health and improve overall wellbeing. Simply take ten minutes out of your day to practice meditation. There are hundreds of YouTube channels which will teach you the basics of meditation and, if that's not your thing, there are many places such as Quantum

Foundation and Indira Gandhi Cultural Centre in Dhaka where meditation classes are offered. Just 10 minutes of breathing exercises can bring about amazing changes from within.

EXERCISE

No matter how old you are, unless you are getting the proper amount of exercise, things will start to hurt. If you are doing a sedentary job (and who among us aren't) you will find that your body will start to feel fatigued and achy. For working women, and especially working mothers, finding time to go to the gym may be difficult. Thankfully, there are other methods of keeping fit - doing body weight exercises at home, doing yoga, etc. Even going for a walk around the neighbourhood instead of taking a rickshaw a few times a week will greatly help in the long run.

OUTLOOK

Out of all, this is the hardest, but also the most rewarding. Having a positive

outlook in life has been intrinsically linked to increased happiness levels and higher levels of fulfilment in life. Remember (especially when you are stressed or feeling down) how truly blessed you are in your life. If you can look at the storm and smile through it, you can do anything.

There are other miscellaneous ways of self-care and self-management. Monthly spa routines can keep the body detoxified and stress-free. Besides going for traditional oil massages, one can also opt for an ayurvedic spa. They have certain ways of massaging, focusing on relieving pain from different parts of the body. Meanwhile, little things like drinking a glass of lemon-honey water or washing the body with a paste of milk and turmeric can also make you stress-free and beautiful as ever.

The practice of these little things reminds you of slowing down a little when you are racing through life.

By Harmony Spa

Long Beach suites reveal Ramadan offers

Refresh yourself after a long day of fasting with mouthfuls of amazing delicacies that include traditional, oriental and international cuisines at the Long Beach Suites.

Long Beach Suites Dhaka has arranged for an extensive Buffet iftar menu at the Cozy Sizzler for Tk 2999. A special sehri set menu is also

available for Tk 1264 at the Cozy lounge. There is a special "buy one and get one free" promotion for bank card holders of SCB, Brac and many others. This promotion will be available for both iftar and sehri. Guests can also enjoy breakfast at the Cozy Sizzler which will feature multi cuisines.

The Long Beach suites can also arrange catering for corporate and social events. Friends and family can experience the taste of Iftar followed by dinner at the Cozy Sizzler restaurant and sehri set menu at the Cozy Lounge.

For reservations, please call: 01755557940, 01777775033

Woman's World
Beauty Reigns, We Beautify

Last week of
Ramadan Package

Hot Line: 017-55518888

Find us on Facebook [womansworldbd](http://www.womansworldbd.com)

Dhaka Foodiez hosts prize giving ceremony

Dhaka Foodiez recently hosted a prize giving ceremony on May 28 at the Bukhara Restaurant. Co-founder and CTO of Foodiez, Aftab Quaraish started the event with the introductory speech. He shared reviews and website visitors from the Restaurant Week. He was followed by the representatives of the sponsors who spoke about the Restaurant Week of 2016. Faisal Bin Kamal was there to represent Square Toiletries Limited while Lopa represented Le Meridian Hotel Dhaka and Setu represented ABC Radio.

Eleven restaurants including the likes of Thai Bistro, Cilantro Express, Meraki, Zaffran, Tarka, Madchef, Lake Terrace, Food Republic, Busy Beans along with the restaurants of Le Meridian participated in the contest of Top Foodiez of the Restaurant's of #DhakaRW2016.

Another category of the prize giving ceremony was the Healthy Foodie contest where the contestants used '#eatwell_livewell' in their reviews to participate. The owner of Rusla's Studio handed over the one year membership voucher to the winner of Healthy Foodie contest.

Finally, the event was concluded with the Daily Top Foodiez prize where the top ten daily Foodies received gift vouchers from Foodiez.

For more, please visit www.foodiez.com.bd/.

HAPPY FATHER'S DAY (19TH JUNE)

Ramadan KAREEM

WATCHES WORLD
Authorised Distributor & Retailer

ON THIS OCCASION MAKE YOUR FATHER 😊

Available Brands:
Ferrari POLICE BOSS FOSSIL BURBERRY SKAGEN EMPORIO ARMANI
DIESEL MARC JACOBS TOMMY HILFIGER BALMAIN DKNY MICHAEL KORS

Exclusive Stores:
Union Centre: 68/1, Gulshan Avenue
Jamuna F. Park: Ground Floor, GD:30
Bashundhara Mall: Level-1 & Level-4

opening soon North Tower & KBH Plaza

f/watchesworldltd

e-mail: info@watchesworldltd.com Hotline: +880 1713 199 299

press ad / whistle 2016